

Insight Meditation Center of Newburyport January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 NEW YEAR'S DAY</p> <p>10am-1pm and 7pm-7:45pm Sitting</p>	<p>2 7:45am-8:30am Sitting</p> <p>7-8:30pm Book Group</p>	<p>3 9am-12pm Sitting</p>	<p>4 7:45-8:30am Sitting</p>	<p>5</p>	<p>6</p>
<p>7</p>	<p>8 IMCN Reopens from Winter Break</p> <p>10am-1pm and 7pm-7:45pm Sitting</p>	<p>9 7:45am-8:30am Sitting</p> <p>7-8:30pm Intro to Meditation Drop-In Class</p>	<p>10 9am-12pm Sitting</p> <p>7-9pm Wed. Med. Class (1)</p>	<p>11 7:45-8:30am Sitting</p> <p>7-8:30pm Intro to Meditation Class MD (1)</p>	<p>12 Chris Crotty Weekend Res. Retreat</p>	<p>13 Chris Crotty Weekend Res. Retreat</p>
<p>14 Chris Crotty Week- end Res. Retreat</p>	<p>15 MARTIN LUTHER KING DAY</p> <p>10am-1pm and 7pm-7:45pm Sitting</p>	<p>16 7:45am-8:30am Sitting</p> <p>7-8:30pm Intermediate Drop-In Class</p> <p>7-8:30pm Book Group</p>	<p>17 9am-12pm Sitting</p> <p>No Wednesday Class MD giving talk at CIMC</p>	<p>18 7:45am-8:30am Sitting</p> <p>7-8:30pm Intro to Meditation Class MD (2)</p>	<p>19</p>	<p>20 10am-12:30pm Half Day Intro Retreat</p> <p>Ted Jones</p>
<p>21</p>	<p>22 10am-1pm and 7pm-7:45pm Sitting</p>	<p>23 7:45am-8:30am Sitting</p> <p>7-8:30pm Book Group</p>	<p>24 9am-12pm Sitting</p> <p>7-9pm Wed. Med. Class (2)</p>	<p>25 7:45-8:30am Sitting</p> <p>9:30am-12:30pm Mini Retreat</p> <p>7-8:30pm Intro to Meditation Class MD (3)</p>	<p>26</p>	<p>27 9:30am-1pm The Relaxed Mind</p> <p>Matthew Daniell</p>
<p>28 10-11:30am Children's Program for Ages 3-9</p> <p>2-3:30pm Present Moment Poetry Group</p>	<p>29 10am-1pm and 7pm-7:45pm Sitting</p>	<p>30 7:45am-8:30am Sitting</p> <p>7-8:30pm Book Group</p>	<p>31 9am-12pm Sitting</p> <p>7-9pm Wed. Med. Class (3)</p>			